

Active Seniors
Report and Financial Statements
For the Year Ended 31 March 2023



ACTIVE SENIORS GLASGOW WEST

Active Seniors
Report and Accounts for the Year Ended 31 March 2023

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Active Seniors
Report and Accounts for the Year Ended 31 March 2023

Reference and Administration Details

Charity Name Active Seniors

Charity Number SC039798

Principal Address c/o Kingsway Community Connections
50 Kingsway Court
Glasgow
G13 2EU

Trustees



Chair
Treasurer
Secretary

(resigned 10 March 2023)
(appointed 6 June 2022)
(appointed 6 June 2022)
(appointed 6 June 2022)
(appointed 6 June 2022)
(appointed 6 June 2022)
(appointed 6 June 2022)

Bankers Bank of Scotland
PO Box 1000
BX2 1LB

Independent Examiner



Brett Nicholls Associates
Herbert House
24 Herbert Street
Glasgow
G20 6NB

Trustees' Annual Report

The trustees present their Report and Accounts for the Year Ended 31 March 2023

Structure, Governance and Management

The Active Seniors was formed in February 2004 and was recognised as a Scottish Charity with effect from 19th August 2008 and the charity is governed by its constitution.

Trustees are appointed under the terms of the constitution by the members at the AGM. There were eleven trustees in 2022-23.

Objectives and Activities

The objects of the Association shall be to promote the benefit of the inhabitants of The North West Community Health Partnership Area without distinction of sex, sexuality, political, religious or other opinions by associating the local statutory authorities, voluntary organisations and inhabitants in a common effort to advance education and to provide facilities, or assist in the provision of facilities, in the interest of social welfare for recreation and other leisure-time occupation so that their conditions of life may be improved.

In furtherance of the above object the Association shall have the following aims:

- a) To promote events for seniors in the North West Area Community Health Partnership Area of Glasgow.
- b) To consult with seniors on service provision and their needs.
- c) To promote and encourage development opportunities for educational, physical and social activities for seniors.
- d) To consult on representative structures for seniors in the North West Area of the City.

Key Management Remuneration

In the opinion of the trustees, there is one member of management, the Development Officer. During the year total employer costs were £13,889 (2022: £7,389), the current staff member is employed p/t at 16 hours per week.

Achievements and Performance

This year showed a marked improvement from 2021/22 when the organisation was prevented from delivering services due to COVID restrictions. During 2022/23 we have had 1,441 seniors attend our events, this is an increase of 1,001 people from 2021/22. We now have 147 members which is up from about 50 in 2021/22. The membership currently consists of 19 men and 128 women aged from 63 to 96 years.

Our events in 2022/23 have included 9 socials with attendance rising in the year from 57 in April 2022 to 86 in March 2023 and 6 bus trips with an average of 47 people per trip to various locations including Largs, Ayr and Dundee. We hosted a Royal Jubilee Event in June 2022 in partnership with Knightswood Connects with 140 people attending. We also had more tailored events which had been requested by members. These include a men-only poetry and song afternoon (24 men); a trip on the Waverley and a canal boat; a First Aid session; a Murder Mystery away day; a trip to a community Panto (135 people); our regular Winter's Lunch (90 people) as well as two members meetings to let seniors contribute to decision making.

Trustees' Annual Report

Achievements and Performance

During 2022-23 we also applied to become a SCIO. This was granted in February 2023, which will be followed by a transfer of assets from our existing Active Seniors organisation to the SCIO. We also underwent training from Evaluation Support Scotland and have set up an evaluation system and key outcomes. The outcomes we will monitor are: Seniors feel more confident in themselves; Seniors are healthier; Seniors feel more involved in their community; Seniors feel less socially isolated.

Financial Review

Income for the period was £31,971 (2022: £25,357) and expenditure was £31,443 (2022: £13,659) leaving a surplus of £528 (2022: £11,698)

At 31 March 2023 the charity held funds of £43,684 (2022: £43,156), with £2,828 of these being unrestricted (2022: Nil).

Reserves Policy

It is the policy of the charity to maintain unrestricted, free reserves at a level equivalent to three months running costs. Based on the year ended 31 March 2023, three month's ordinary expenditure amounts to £7,861. At 31 March 2023, the charity held unrestricted reserves of £2,828. The trustees are aware that this policy is not being met and aim to build unrestricted reserves through income generation.

The trustees declare that they have approved the report above.

Signed on behalf of the charity's trustees:



Date:

26/6/2023 .

Independent Examiner's Report

Report to the trustees/members of	Active Seniors
Registered charity number	SC039798
Accounts of the charity for the period	1 April 2022 to 31 March 2023
Set out on pages	7 - 10

Respective responsibilities of trustees and examiner:

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's statement:

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent Examiner's statement:

In the course of my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that in any material respect the requirements to:

- keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



..... Date:

Fellow of Association of Chartered Certified Accountants
Brett Nicholls Associates
Herbert House, 24 Herbert Street, Glasgow, G20 6NB

Active Seniors
Report and Accounts for the Year Ended 31 March 2023

Receipts and Payments Account

		<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds</i>	<i>2022 Total</i>
Receipts	<i>Notes</i>	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
Donations	3	1,471	-	1,471	1,357
Grants	4	-	30,500	30,500	24,000
		<u>1,471</u>	<u>30,500</u>	<u>31,971</u>	<u>25,357</u>
Payments					
Charitable Activities Costs	5	-	31,443	31,443	13,659
Net Receipts/-Payments		<u>1,471</u>	<u>(943)</u>	<u>528</u>	<u>11,698</u>
<i>Transfers Between Funds</i>		1,357	(1,357)	-	-
Net Surplus/-Deficit for the Year		2,828	(2,300)	528	11,698
<i>Funds Brought Forward</i>		-	43,156	43,156	31,458
Funds Carried Forward	7	<u>2,828</u>	<u>40,856</u>	<u>43,684</u>	<u>43,156</u>

The notes on pages 9 to 10 form an integral part of these accounts.

All income and expenditure derive from continuing activities in both years.

Active Seniors
Report and Accounts for the Year Ended 31 March 2023

Statement of Balances

	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2022 Total £</i>
Opening Cash and Bank Balances	-	43,156	43,156	31,458
Surplus/-Deficit for the year	2,828	(2,300)	528	11,698
Closing Cash and Bank Balances	2,828	40,856	43,684	43,156

Signed on behalf of the trustees:



Date:

26.6.2023.

Active Seniors
Report and Accounts for the Year Ended 31 March 2023

Notes to the Accounts

1. General Information

Active Seniors ("the charity") is Scottish charitable incorporated organisation governed by its constitution dated 19 August 2008. It was registered as a charity in Scotland (registered number SC039798) on 19 August 2008. Its registered address is c/o Kingsway Community Connections, 50 Kingsway Court, Glasgow, G14 9SR.

2. Basis of Preparation

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

3. Donations	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2022 Funds £</i>
Donations	1,471	-	1,471	1,357

4. Grants	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2022 Funds £</i>
Big Lottery	-	24,000	24,000	24,000
Robertson Trust	-	6,500	6,500	
	-	30,500	30,500	24,000

5. Charitable Activities Costs	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2022 Funds £</i>
Accountancy - IE Fee	-	720	720	1,080
Bus Trips, Travel and Catering	-	7,967	7,967	1,510
IT costs	-	68	68	-
Equipment and Stationery	-	57	57	136
General	-	56	56	170
Uniform	-	193	193	-
Insurance	-	466	466	483
Internet	-	-	-	144
Professional Fees	-	504	504	1,340
Room Hire	-	473	473	110
Staff Costs	-	13,889	13,889	7,389
Socials	-	6,117	6,117	1,042
Telephone	-	120	120	72
Travel	-	147	147	25
Training	-	666	666	-
Winter Meal	-	-	-	158
	-	31,443	31,443	13,659

Notes to the Accounts

6. Related Party Transactions

The trustees received no remuneration or expenses during the year (2022: Nil).

There were no related party transactions during the year (2022: Nil).

7. Funds Analysis	<i>Opening Balance 1 April 22</i>	<i>Receipts</i>	<i>Payments</i>	<i>Transfers</i>	<i>Closing Balance 31 Mar 23</i>
Unrestricted					
General	-	1,471	-	1,357	2,828
Restricted					
Big Lottery	41,799	24,000	(24,943)	-	40,856
Robertson Trust		6,500	(6,500)		-
Donations	1,357	-	-	(1,357)	-
	43,156	30,500	(31,443)	(1,357)	40,856
Grand Total	43,156	31,971	(31,443)	-	43,684

Purposes of Funds

Purpose of Funds

General Fund	The unrestricted, 'free reserves' of the charity
Big Lottery	Funding for Active Senior's core activities
Donations	Donation from members for Active Senior's core activities. The balance at 1 April 2022 comprised of unrestricted donations and so it has been transferred to the general fund.
Robertson Trust	Contribution towards running costs of Active Seniors, outcomes of reduced isolation in older people and improved health and well being of older people